

Instruction Guide

Billet Aluminum Body Mounts
68-74 X-Body



Speedtech
PERFORMANCE

CHASSIS - SUSPENSION - PRO TOURING - AUTOCROSS - DRAG RACING - CUSTOM BUILDS

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Figure 1: 1969 Nova features our body mounts [picture by Shane York]

Congratulations on the purchase of your new Speedtech Performance ExtReme aluminum body mounts. Use only approved and appropriately rated jack and jack stands, and be sure to take all safety precautions required to complete the job safely and correctly. If you have uncertainties, seek the assistance of a highly qualified workshop to assist you.

Read and understand all instructions thoroughly before you begin. Your main assembly and set up of your new ExtReme body mounts can be done in a home garage with hand tools and basic welding equipment.

Speedtech enjoys seeing the progress our customers are making as they work through their builds. Join the group, [Team Speedtech](#), on Facebook and share your pictures and your story.

Speedtech Performance sends you best wishes for your project!

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1.0 GENERAL INFORMATION

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1.1 THIS GUIDE

Thank you for purchasing your new Speedtech Performance aluminum body mounts. Read through all instructions thoroughly before beginning and take all safety precautions required to do the job carefully and correctly. If you have uncertainty, seek the assistance of a highly qualified workshop.

While Speedtech's ExtReme suspension systems are safer and more comfortable compared to factory suspension on the street, it is also designed to meet the needs of those intending to participate in off highway road races and autocross competitions. To achieve maximum benefit from our system, you should anticipate adjusting and tuning of the suspension to achieve optimum performance specific to the vehicle, driver, and type of racing. Some of this, such as tuning sway bars and shock settings, can be done track side through making adjustments and seeing or feeling how the car reacts to these changes. Speedtech recommends that a tire probe pyrometer and an air pressure gauge be in your track side kit.

Other adjustments, such as tuning a bump steer and caster may require specialized equipment and professional help. Speedtech's technical department can share insight on making these adjustments to help get you started.

1.2 OVERVIEW

These instructions outline the aluminum body mounts that will be installed with the Speedtech Performance ExtReme or a factory chassis. Photos in the instruction process may vary slightly from your exact operation.

1.3 TOOLS

Installation of the Speedtech Performance aluminum body mounts can be done on the floor with simple hand tools.

Additional things to have before you start:

- Wrench
- Jack Stands
- Anti-Seize
- Post Lift (If possible)

2.0 CHECK IN PARTS AND HARDWARE

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2.1 CHECKING IN THE ORDER

Check in your order as soon as possible. To check in the order, Speedtech has provided a table which can be used as a check list, as displayed in figure 2. All bolts and nuts are NF unless otherwise noted. Hardware comes in several boxes. If you discover anything missing from your order, call your authorized dealer as soon as possible.

2.2 CHECK IN TABLE

X	#	Description	Size
	2	Radiator Support Mounts (Upper and Lower Set)	1 Groove
	2	Body Mount (Mid Position)	2 Groove - Larger
	2	Rear Body Mount	2 Groove
	2	Front Radiator Support – Bolt	1/2 x 3 NF
	2	Mid Position - Bolt	5/8 x 4 NC
	2	Rear Position – Bolt	5/8 x 3 1/2 NC
	2	Nylock Nuts	1/2
	4	Washer – Flat	1/2
	4	Washer – Flat	5/8
	4	Washer – Lock	5/8

Figure 2: Check in table including the amounts, descriptions, and sizes

NOTE: There may be some extra hardware that was packaged that is not accounted for in the check list. The hardware kits are made to fit multiple products and the excess is from that process.

3.0 GETTING STARTED / INSTALLATION

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3.1 LEVELING AND SUPPORT

WARNING: The vehicle should be on a level surface before you start.

Leave the vehicle on the ground and remove all body mount bolts and lower bushing halves. Some bolts may be rusty so you may need to apply fluid to remove them.

3.2 RADIATOR SUPPORT

- Once the bolts are out, there should be enough room to slip the top mount in the frame.
- With the top mount in place, install the interlocking lower mount.
- Coat the threads of two 1/2 X 3" bolts with anti-seize and loosely thread into the body.

3.3 SIDE LOCATIONS

When there is enough room, remove the old mounts and slip the upper mounts in place. Coat the threads of your 7/16 X 3" bolts with anti-seize and loosely thread through the lower bushings and into the body with a flat washer and lock washer as shown in figure 3.

Repeat for remaining bushing locations on that side.

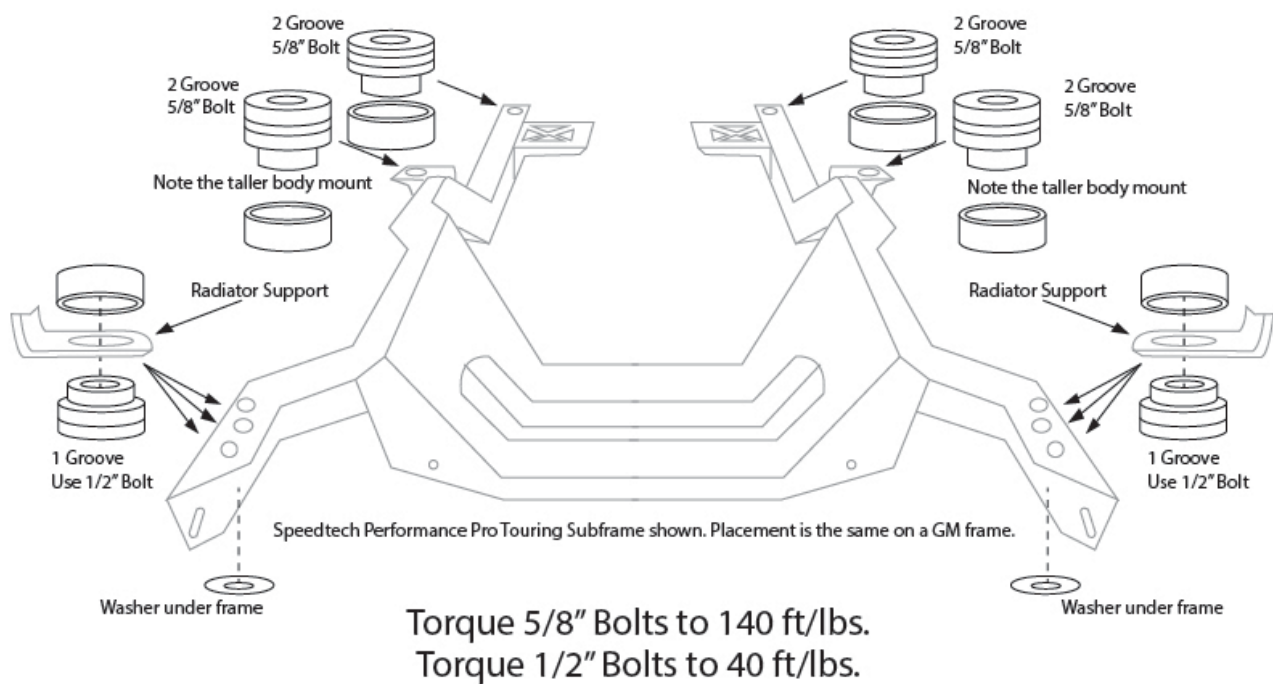


Figure 3: Installing the bolts

3.4 REPEAT

Repeat steps on the other side of the car.

4.0 FINISHING

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4.1 TORQUE

The following needs to be performed before you hit the road.

Be sure that all measurements are correct and double-check that all components have proper clearance throughout your suspension's travel range. Torque all bolts to spec. Tighten all loose suspension bolts and double-check all bolts to ensure they are all tight. It is recommended you fill all grease fittings at this time. Speedtech suggests using Permatex Ultra Slick Synthetic Grease, but any high-quality chassis grease will do. For your Sweet power rack and pinion we recommend using Sweet or Jones brand full synthetic power steering fluid for best performance and to avoid overheating standard type fluids during performance driving situations. As rubber mounts tend to compress and distort over time and all floor pans are slightly different.

Ensure that the hood and fenders line up properly with the body, and that all bushings fully contact the floor before torquing. Use additional shims (not included) to adjust as necessary. Cross measure the frame to ensure it is straight and square to the body. When the frame is squared in, torque all bolts to 140 ft lbs.

NOTE: Recheck torque after approximately 100 miles of driving.

SEE MEASURING GUIDE TO ENSURE THE BODY/FRAME IS SQUARE.

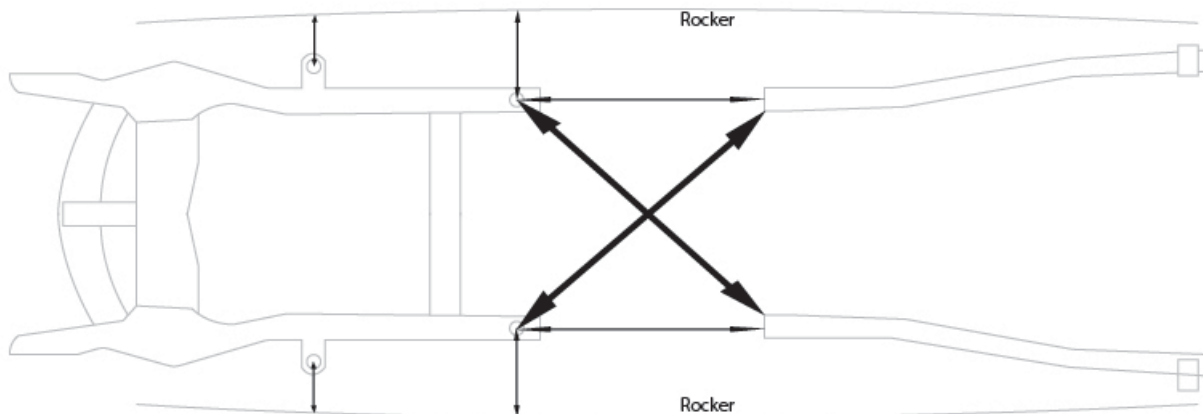


Figure 4: Measuring guide

5.0 CONGRATULATIONS

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Congratulations on completing your project! We know you will get many years of enjoyment from your project. Please join the group, [Team Speedtech](#), on Facebook. Team Speedtech is a community of customers, dealers, and factory employers that have a passion for pro touring muscle cars and are using Speedtech Performance products. You can ask questions and get advice from the group members and share your experience. Everyone enjoys seeing the videos and pictures during the progress of your project and Speedtech encourages you to share them!

Thank you for choosing Speedtech Performance and entrusting us with your aluminum body mount needs for your custom muscle car.

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